

2016 spotlight



Waukesha County

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"It used to be really very difficult to climb the 78 steps from the lake to my cottage. I'd have to stop halfway because my legs were killing me. This past summer, I realized that I wasn't panting and my legs weren't tired. I thought, wow, the Be Strong Stay Strong class made the difference!"

Jane, age 69
Be Strong Stay Strong
Participant



Men and women of all ages benefit from Be Strong Stay Strong

Waukesha County UW-Extension Makes County-Wide Impact in 2016

Here are some Highlights:

- ◆ A joint effort between the **UW-Extension offices in Waukesha County and Milwaukee County** led to a contract with West Allis to provide strategic planning education and facilitate the development of a 5-year plan. This effort engaged elected officials, city department heads, businesses, non-profit groups, and 500 residents. The adopted plan goals focused on enhancing community image/brand, maintaining quality of life, engaging citizens, economic vitality, and government excellence.
- ◆ Pest Management with Pollinators in Mind, a one-day workshop planned by **UW-Extension Educators and DNR Urban Foresters**, was held in five locations around the state for green industry professionals in September. At the Waukesha site, 60 attendees learned how to manage landscape pest problems while minimizing their impact on pollinators critical to food production.
- ◆ In October, **Waukesha County UW-Extension 4-H** held National Youth Science Day "Drone Discovery" events in Pewaukee and Big Bend thanks to a \$15,000 grant from US Cellular. Youth learned about the science behind drones and how they are being used to solve real world problems. Eighty youth, 20 4-H volunteers, and 20 US Cellular Associates participated in this educational experience.
- ◆ **FoodWise Nutrition Educators** partnered with various Waukesha County agencies including Workforce Development Center, Parents Place, La Casa de Esperanza, Safe Babies Healthy Families, Women's Center, and WCTC to provide a series of lessons to 391 parents and caregivers. Participants learned skills to plan healthy meals on a budget in order to help them stretch their limited food dollars.
- ◆ Data showed that Waukesha County has a high incidence of injuries from falling. As a result, UW-Extension established **Be Strong Stay Strong**, an evidenced-based strength-training program for middle age and older adults designed to increase strength, muscle mass, and bone density. Classes began in Waukesha in the spring of 2016 and expanded to two locations (Waukesha and Lannon) in the fall. The Be Strong Stay Strong program will continue to grow due to a new partnership with Community Memorial Hospital in Menomonee Falls.



4-H Youth learn about drones at National Youth Science Day

"The Waukesha County Community Youth Garden was established as an alternative to sanctions for youth, but has revealed itself as much more. It allows young people to grow in their knowledge of where food comes from and feel the fullness of working to give back to our community. I hope that this comparatively in-expensive program can continue into the foreseeable future."

Judge William Domina
Waukesha County Circuit Court

"As a result of UW-Extension educators teaching nutrition lessons in my classroom, I gave up soda. I used to drink 2-3 cans a day and often in front of students. I wanted to be a better role model so now I drink water."

Hawthorne Elementary Teacher



Nutrition Education staff teach hands-on lessons to youth and adults



New Master Gardener Volunteers are trained in fall

"I love 4-H because there are so many projects to try and learn about. 4-H is also helping me learn to become a leader. This year I am my club's corresponding secretary. I am learning how to run a meeting and help organize activities. UW-Extension helps 4-H happen and lets me learn about new things and learn to be a youth leader."

I am thankful for 4-H!"

Teddy, Age 10
Minooka 4-H Club



Educators support resident leadership development to strengthen communities

"UW-Extension has been a great partner! We love working on community projects with them and are thrilled with the inroads they've made in bringing neighborhoods together."

Diane M., Habitat for Humanity

UW-Extension staff build strong communities by engaging adults & youth in life-long learning, developing economic opportunity, and extending leadership capacity through Extension-trained volunteers.

UW-Extension Programs

- 4-H Youth Development
- Horticulture
- Family Living
- Nutrition Education
- Community Development



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